## **Long Island City YMCA EFFECTIVE: POOL SCHEDULE** 05/02/2022 **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Pool Closed** Pool Closed Adult lap swim 8:30am - 9:45am Adult lap swim 6:00a - 1:00p Adult Lap swim 8:30a-1p Swim lesson 10a-1p Pool Closed 1p-Pool Closed 1p-Pool Closed Pool Closed Pool Closed Pool Closed Pool Closed 1:30p 1:30p 1p-2p 1p-2p 1p-2p 1p-2p 1p-2p Family Family swim swim Adult Adult 1:30p-1:30p-Adult lap swim Adult lap swim Adult lap swim Adult lap swim Adult lap swim Lap Lap 230p 230p 2p - 4p swim swim 2p-Teen 2p-Teen 4:15p 4:15p swim swim 2:30p-2:30p-Swim Family Swim Family Swim Family Swim Family Swim Family 3:30p 3:30p lesson swim lesson swim lesson swim lesson swim lesson swim 4p-6p 4p-6p 4p-6p 4p-6p 5p-6p 5p-6p 4p-6p 5p-6p 5p-6p 5p-6p **Pool Closed Pool Closed** Adult lap swim 6p - 8:15p 6p - 8:15p 6p - 8:15p 6p - 8:15p 6p - 8:15p

- \* Schedule Subject to Change \*
- > Lane Capacity is 6 members per lane. Please be advised of lane speed and listen to Lifeguard instructions.
- > A proper Bathing Suit must be worn at all times. No street shorts or cut off sweats allowed.
- > The Lifeguard on duty is there for your Safety. Please obey all rules and regulations.
- > All swimmers MUST wear a bathing cap. Caps are available for sale at the front desk.
- > Swimmers must shower before entering pool.
- > Private lessons may be conducted during Adult Lap Swim time, and may take up to one lane.
- > All times allotted for family and youth swim are for just that. Parents must supervise and be in the water during Family Swim.
- > Schedule is subject to change seasonally. For more questions please contact our Mebership Department